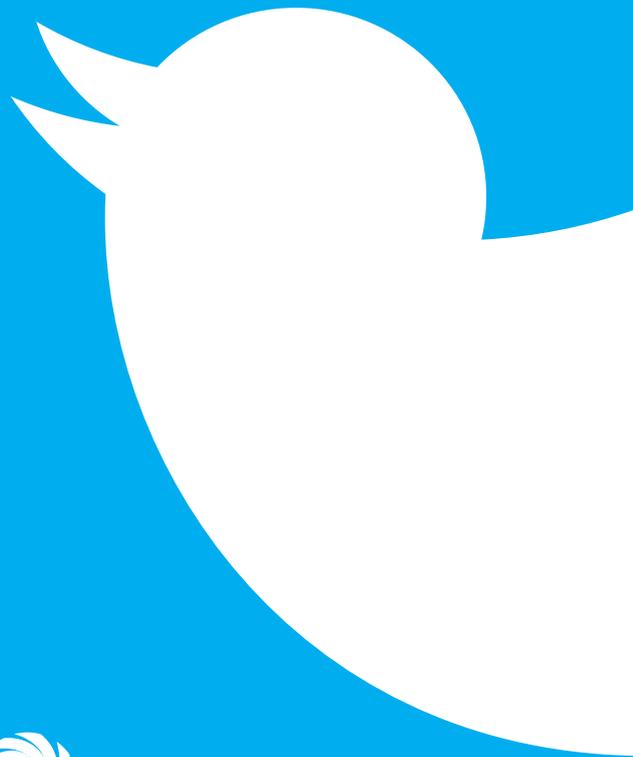


ANNUAL REPORT #2012

*From a choice
to a world of
Possibilities*



X. E. P. A.
ΕΛΛΗΝΙΚΗ ΟΡΓΑΝΩΣΗ ΠΡΟΓΡΑΜΜΑΤΟΣ ΣΥΝΕΧΙΣΤΕΩΣ ΚΑΙ ΠΡΟΛΗΨΗΣ



A Member Association of

IPPF

European Network

International
Planned Parenthood
Federation



1952 - 2012

From a choice to a world of Possibilities



X. E. P. A.

A Member Association of



International
Planned Parenthood
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1952 - 2012

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INTRODUCTORY ADDRESS

It is our greatest pleasure to present you with H.E.R.A. Annual Report for 2012. You will be able to see a different and hopefully more interesting approach in the presentation of our achievements and challenges we had faced in the course of the past year. Styled to resemble social media, this report is full of numerous tweets on our success, photographs and real stories that provide visualization of what we have achieved, and ultimately recaptures the fate of people who clash in their everyday lives in their pursuit of better sexual and reproductive health (SRH) and in exercising their rights.

This year we celebrated the 60th anniversary of the International Planned Parenthood Federation – IPPF, here in Skopje, together with seventy activists from forty European countries. H.E.R.A. had the honour to host the Regional Council meeting of the IPPF European Network and together with Joanna Dec, President and Vicki Clays, Executive Director, held a press conference to present findings of the regional study for use of contraception. We continued to mark the anniversary by awarding certificates of appreciation to individuals and organisations belonging to different spheres of social living, as well as to associates and supporters of our cause, who have relentlessly invested themselves in promoting sexual rights in the past years. We are particularly happy about our first publication of a summary of texts written by our volunteers and employees who work on promotion of SRH every day – “Women and men who work in H.E.R.A. made an attempt by producing texts that present personal understandings, to emphasise the problems they face in their daily life that present an obstacle to achieving the rights of the citizens, when dealing with sexual and reproductive health”.

<http://hera.org.mk/?p=1372>

The general political climate in 2012 could be described as full acceptance and normalisation of opposition policies towards SRH and sexual rights led by conservative policies. The number of non-governmental organisations that continued to work on the human rights agenda declined, but those that remained faithful to their principles were mostly labelled “assistants” to the current political opposition, working against the national interests. Media also became victims of the policies and those that were consistent in their support of the agenda of SRH and sexual rights, stopped “overnight” to pursue their interest in subject matters which were not in line with the government positions. Both women's and sexual minorities' rights were not spared as well, since we were witness to a severe homophobic campaign and open stigmatising of people who worked on promoting the rights of women and of the members of the LGBT population. They were marked to be guilty for the decreased growth of the nation and of opposing the conservative pro-natal policy. Always prepared for a well-argued debate on sexual and reproductive health and sexual rights, as well as methods for their promotion,

our concern grew as we became aware of messages lacking any scientific evidence, aiming to split our comprehensive mission into contradictory fragments, clashing the right to have children and the rights of women and affecting the rights of people with different sexual orientation, in the process of which our mission is simply delegitimized.

However, this has not discouraged us and we will not stop to act, but on the contrary, we will strongly and loudly commit to our values to defend sexual and reproductive rights as a fundament to human existing and human rights in general.

We would like to thank all of our volunteers, associates and partners for their contribution and trust invested in us.

Enjoy!

[Milena Stevanovic](#)
President

[Bojan Jovanovski](#)
Executive Director

ABOUT US

#VISION

To create a world where sexual and reproductive rights are guaranteed and where all men, women and young people are healthy and free in celebrating sexuality and diversity as basic principles of life.

#VALUES:

Sexual and reproductive rights are inseparable part of human rights and all people should enjoy their right to sexual freedom and identity, as well as the right to access to information and services on sexual and reproductive health

The right of choice is a legitimate need of each individual to make free decisions about their body, life and sexual and reproductive health

Sexuality and diversity are grounds for enjoying the highest standards of mental, physical and social wellbeing.

#STRATEGIC GOALS:

TO GUARANTEE THE RIGHT OF WOMEN to choice and to provide access to safe and legal **abortion**, as well as **TO INCREASE** the rate of use of **modern contraception**

TO ENSURE that all **adolescents and young people** are aware of their sexual and reproductive rights and have access to comprehensive information, education and services to promote their own sexual and reproductive health

TO MAINTAIN a low incidence of **HIV** infection in the country and to provide full protection for **people infected and affected by HIV**.

TO ENABLE each individual to have **access** to proper and suitable information and services for his/her sexual and reproductive health and to achieve their sexual and reproductive rights.

TO ENSURE political, public and financial commitment by the **state** to ensure that all national policies on HIV and sexual and reproductive health are based on the human rights framework and to encourage inclusion of different needs and interests of people with reference to their sexuality and reproductive health.

WE ARE MEMBERS OF THE FOLLOWING:**@international level**

- ✘ International Parenthood Planned Federation – IPPF
- ✘ YSAFE
- ✘ ASTRA Youth Network
- ✘ AIDS Action Europe
- ✘ International Campaign for Women's Right to Safe Abortion
- ✘ Y-PEER
- ✘ European AIDS Treatment Group

@national level

- ✘ Coalition for Sexual and Health Rights of Marginalised Communities
- ✘ Non-discrimination Network
- ✘ Y-PEER Macedonia
- ✘ Macedonian Platform to Fight Poverty
- ✘ Republic Young – Defending Youth Participation
- ✘ Network for Damage Reduction
- ✘ National Network on Elimination of Violence towards Women and Domestic Violence

YOU CAN FOLLOW US ON THE SOCIAL NETWORKS**WEB PAGE**

www.hera.org.mk

FACEBOOK

www.facebook.com/hera.macedonia

TWITTER

www.twitter.com/hera_mkd

YouTube

www.youtube.com/HERAMacedonia

Blog

www.sr4all.wordpress.com

3300 
likes

facebook

907
followers

You Tube

10000

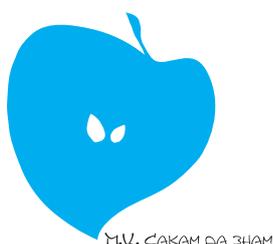
*reviews of
our videos on
You Tube*

23.10.
2012

*Most reviews
of article on
blog 477*

FREE INFORMATION AND SERVICES

@contraception, condoms, testing for HIV and sexually transmitted infections, gynaecological exams, PAP tests, dermatology, counselling on sexuality and health, counselling on drug use prevention, psychosocial support on violence and education



Youth Centre on Sexual and Reproductive Health "I Want to Know"

primary healthcare facility Vodno – 2 Elisije Popovski St., phone-3176 950

primary healthcare facility – Shuto Orizari bb, phone-2 651 955

contact@sakamdaznam.org.mk

@field testing for HIV

testiranje@hera.org.mk

@help and support for people living with HIV

HIV Counselling, Clinic for Infectious Diseases and Febrile Conditions, phone-3 147 752

zaedno.posilni@hera.org.mk

@legal assistance and counselling

pravo@hera.org.mk

OUR ADDRESS

hera@hera.org.mk

phone - 02 3290 295

Debarca 56/4, 1000 Skopje

HIV

#Outreach voluntary counselling and testing (VCT)

1199 clients were tested for HIV and underwent counselling at the mobile clinics in 2012, 68% of which belonged to the marginalised and socially excluded groups, including MSM, female sex workers, drug users and unemployed individuals #VCT

13 individuals from the nongovernmental sector and from state dispensaries on tuberculosis were trained and accredited for counsellors on #HIV testing #VCT



Training for counsellors on VCT from the civil sector and from the tuberculosis dispensaries

HIV

Members of the Parliament of the Republic of Macedonia and members of the Parliamentary Group on HIV and SRH, were tested for HIV, within the framework of the campaign on #HIV testing, in order to raise awareness on advantages of HIV testing as prevention #VCT <http://goo.gl/DF9Ux>



Members of the Interparty Parliamentary Group on HIV visiting the mobile clinic for HIV testing, to support the annual HIV testing campaign (Left to right: Ivon Velichkovski – MP, Bojan Jovanovski - HERA Director, Liljana Popovska – MP)

All photos can be found on hyperlink:

<http://www.facebook.com/#!/media/set/?set=a.10151131172821176.433597.136488251175&type=1>

HIV COUNSELLING AND TESTING: POSITIVE RESULT

Igor is a 28 year old man who lives with his socially excluded family in a small town in the countryside. His father died last year and Igor was forced to leave the country to work on a ship in order to pay for school for his younger sister and help his mother. "I just wanted to help my family" he says.

He accompanied his friend to the mobile service, and after his friend completed his HIV testing, he encouraged Igor to do the same since it was free.

In the course of the pre-test counselling, with reference to the risk assessment, Igor shared with the councillor the fact that he had unprotected sexual intercourse with a girl from a different continent while working on the ship. Upon learning about the possibility of transmission of the HIV infection, Igor got upset, but decided to get tested anyway.

The result of the rapid HIV test came out positive. After he was told this by the councillor, Igor started panicking and anxiously asked if he was going to die, "My whole life was shattered to pieces at that moment" he said later. He again was thinking about his family, how much he loved them and how he would not be able to tell them the news, and a sequence of questions raced his thoughts: How will I tell my family?, How can I protect my family from myself?

However, the councillor managed to calm him down and offered to accompany Igor for further testing in the capital Skopje. Igor then received information that other individuals in Macedonia live with the virus as well and that there was free therapy to significantly lengthen and normalise life of people living with HIV. He also learnt that the virus is not a danger to his family.

Igor accepted to go to Skopje together with the councillor.

"I cannot eat nor I can sleep" Igor told the councillor before they set off by bus, "when people in my town learn about me, they will certainly cast me out".

Upon confirming the positive result at the Clinic for Infectious Diseases in the HIV counselling office, Igor was approached by specialists who offered discussion and assistance to reduce his stress and fear of rejection.

Today Igor's daily life is not much different of that of his surrounding, although he says that for him, nothing is going to be the same. However he will always remember the service positively and adds "Thank you for helping me, I really would not know what to do if I were alone in this".

HIV

**#HIV #PLHIV
(People living with HIV “Stronger Together”)**

11 work meetings, 7 thematic workshops and 1 two-day workshop have been held to discuss organisation and project management, all attended by 16 members of *Stronger Together*; 7 members participated at a conference to exchange experience and build capacities [#HIV](#) [#PLHIV](#)

Within the framework of the peer education service, with reference to the [#PLHIV](#), information have been passed and support provided for 14 individual clients; 10 different clients received information via a meeting website for the MSM population [#HIV](#)

11 professionals from the social work centres from 9 municipalities underwent HIV and human rights of [#PLHIV](#) training. In addition, follow up visits of the social work centres were carried out, for the purpose of improving cooperation among the centres and promoting social rights of this group [#HIV](#)

21 doctor of primary health care from 10 different towns attended training and workshop for sensitisation to work with [#PLHIV](#), out of which 19 expressed readiness to be included in the reference list of family doctors [#HIV](#)

Organised with an initial budget of only 3.050 EUR, the donation campaign and the charity concert held on 1 December – What If You Were HIV+ - provided sponsorships in the amount of 12.000 EUR, support from 24 companies, 2 state institutions, 2 embassies, 5 UN agencies, 5 NGOs and 55 citizens who bought tickets for the concert. 3.307 EUR have been collected for socially deprived [#PLHIV](#) [#HIV](#)

*Надмини ги предрасудише,
не стигматизирај*

**ШТО АКО
БЕШЕ ТИ
ХИВ +**

*Концерт на оперски арии
МОБ / 01.12.2012 год.
20:00 часош / билети на
шел.: 02 3290395*



информациони партнерства:



Official design for the World AIDS Day Campaign

The photo album from the donation concert on the occasion of World AIDS Day in the Macedonian Opera and Ballet, held on the 1 December, 2012, can be viewed at the following **hyperlink**:

<http://www.facebook.com/media/set/?set=a.10151113859126176.431351.136488251175&type=1>

DONATION CONCERT OF OPERA ARIAS – 1 DECEMBER, WORLD AIDS DAY

People living with HIV, for several years have found safe environment in HERA, to meet and share their experience, concerns, fears, desires and joys; this is a supportive environment where for the first time in our country, citizens like this can act as a community and as an autonomous organisation.

Stronger Together, as integral part of HERA, has been contacted by Macedonians, Albanians and Roma people, both male and female, people with different sexual orientation and identity, as well as members of different social groups.

Due to pressure arising from prejudice in the society, it was unimaginable to see communication amongst people with HIV until recently, and now, they make steps that impact the quality of their own lives, but also the awareness on HIV as a health and social problem that affects us all.

In 2012, HERA encouraged this small community of protégés to make a further step and design a solidarity and support campaign on the occasion of 1 December, World AIDS Day.

The group used its own capacities and resources to the maximum for this small but significant exercise. It saw participation of its members in designing the goals and the messages of the campaign as well as the visual solutions. Tomi had the initial contact with the Macedonian pop-star Karolina Gocheva, which resulted in support and cooperation, and Lea designed the billboard advertisement, as well as the advertisements for the print media and the concert programme. Jovan worked on raising funds and helped prepare the 1 December statement of *Together Stronger*. Aleksandar took care of tasks to be done regarding the radio piece recorded by Karolina and Borislav Tnokovski.

The evening before the concert took place, Karolina met and talked with all members of the group and invited them at her performance planned for several weeks after World AIDS Day. She was particularly touched by the life story of Dimitrija, our oldest member.

With the concert of opera arias, the top music professionals of the Macedonian Opera and Ballet donated their art to support people living with HIV. The members of the audience-supporters helped raise 3.307 EUR, to provide regular monthly support in the form of social vouchers for socially deprived people with HIV.

All of this was supported direction-wise and logistically by HERA.



The address of Karolina at the solidarity and support concert which took place at the Macedonian Opera and Ballet on 1 December



Moments captured from the impressive performances of artists of MOB (Kiril Josifov – left; Slavica Petrovska Galic – right)

#HIV #MSM12 Research – Society, gender, sexuality, sexual health and MSM in Macedonia

#MSM12 demands from state institutions to provide financial stability and recognition for user friendly services for sexual health intended for MSM, provided by NGOs, within the framework of the National Programme for Prevention of #HIV http://hera.org.mk/wp-content/uploads/2012/02/msm12_en.pdf

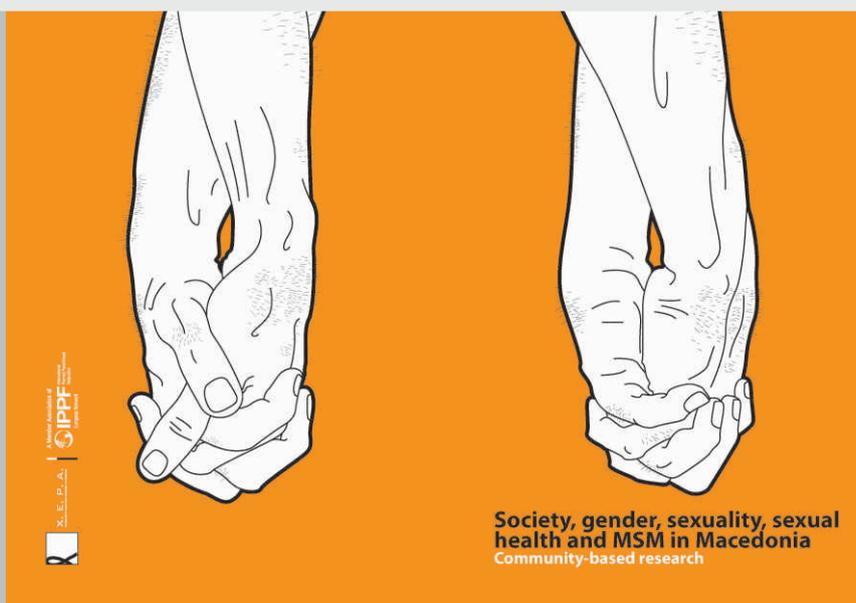
#MSM12 recommends that a working body is established to offer strategies on improving services and access to existing public-health network with reference to services for sexual and reproductive health of men #HIV

#MSM12 points out that a campaign must be initiated, to include decision makers, the academic community, the expert community in the medical and in the social field, for the purpose of exposing non-scientific statements and positions that stigmatise non-heterosexuals (for e.g. the non-scientific statement that homosexuality is not natural and is not healthy) and their removal from the public discourse and the national curriculum #HIV

#MSM12 finds that MSM who succeeded in creating micro-environments where sexual orientation is accepted and recognised as part of their identity, belong to relationships where both partners are equal, particularly in the view of achieving sexual pleasure and settling different aspects of the relationship #HIV

#MSM12 demands that the Ombudsman and the Commission for Protection against Discrimination act according to their powers and react appropriately in undertaking preventive measures toward discriminatory, stigmatising and homophobic hate speech #HIV

#MSM12 demands inclusion of information on sexual diversity into the national curriculum and planning for capacity building of the teaching staff, at all education levels, so to enable the young generation of LGBTQ to live in an environment free of stigma, coercion and duress #HIV



XIX #HIV Conference in Washington USA

Four representatives of HERA and *Stronger Together* attended the XIX Conference on #HIV that took place in Washington in 2012. Their statements and messages for the Voice of America in Macedonian **hyperlink** <http://mk.voanews.com/content/macedonian-voa-aids-conference-washington-dc-participans-from-macedonia/1447346.html>



HERA and Together Stronger for the Voice of America in Macedonian in Washington

#HIV #CCM Country Coordinative Mechanism for HIV/AIDS and Tuberculosis

#CCM increased the level of supervision of programmes on #HIV and tuberculosis supported by the Global Fund by the activities of the Supervision Committee and by creating control tables to monitor implementation of HIV and TB programmes supported by the Global Fund.

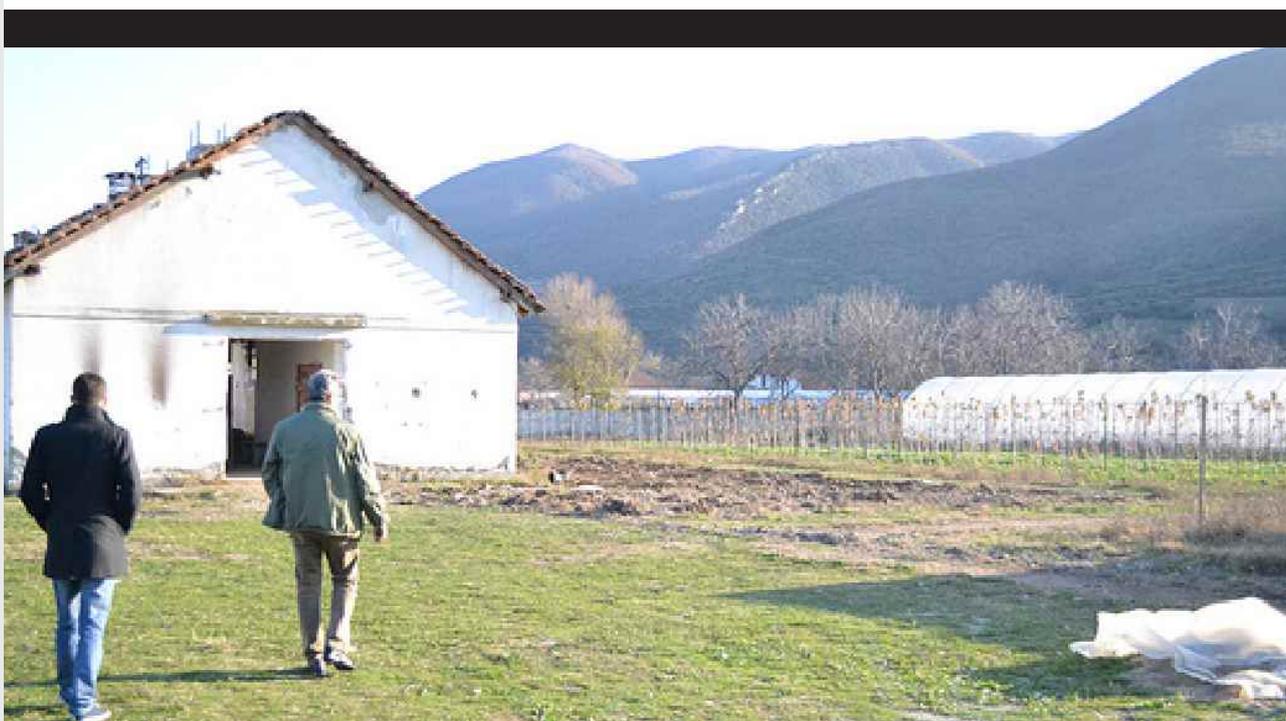
#CCM adopted a report to improve implementation of #HIV and tuberculosis programmes <http://goo.gl/fh2PE>

#CCM signed an agreement for cooperation with KIP International for development of social entrepreneurship as an initiative for sustainability, social inclusion and reduction of the unemployment rate among marginalised individuals from #HIV and TB programmes

#CCM developed and adopted a Policy on Linking #HIV and Sexual and Reproductive Health, to improve the national reply on HIV and the work of CCM by technical support from HERA and IPPF <http://goo.gl/5lafp>

#CCM held 6 workshops on the issue of development of social entrepreneurship with 75 participants from marginalised communities: MSM, people living with #HIV, drug addicts and sex workers

#CCM organised training and developed 4 business plans to open social enterprises by marginalised communities within the framework of the programme on #HIV and tuberculosis supported by the Global Fund <http://goo.gl/PeX2h>



Supervisory field visits to a secondary recipient of funds from the Global Fund HIV Programme, Izbor NGO and visit of their social enterprise



Training on developing business plans to establish social enterprises, delivered by KIP International experts,

#HIV Counselling Service for HIV

A total of 1481 psychosocial and medical services were given to PLHIV in 2012. The service is used by 77 individuals who live with [#HIV](#), 70% of whom are marginalised and socially excluded. Additional 25 clients affected by HIV received psychosocial support [#Counselling Service](#)

Most social services were provided for the purpose of exercising social and health rights, activating the client support system, setting contacts and accompanying the client to a given institution [#HIV#Counselling Service](#)

[#HIV #Counselling Service](#) In the course of the year, social packages were provided for 18 socially deprived clients in order to overcome social risk. Both attempts included awarding one time financial aid

[#HIV #Counselling Service](#) 20 PLHIV, through the Global Fund project, received preventive counselling and education on tuberculosis and HIV and co-infection.

LIFE WITH HIV OF SOCIALLY MOST DEPRIVED INDIVIDUALS

Emil is of Roma ethnicity. He is 47 and is a single parent of two underage children. He achieves his livelihood for the family by collecting secondary inputs. After he was diagnosed as HIV positive, Emil was kept in hospital, with an advanced stage of the illness confirmed. However, regardless of his serious health condition, he ceased to communicate with the HIV/AIDS counselling team at the Clinic for Infectious Diseases and refused to be treated and to undergo a therapy.

After some time he was hospitalised again due to the worsening of his health, but in addition to medical care, he was offered psychosocial support as well.

He was awarded one time financial aid from HERA, in order to provide documents required to apply for permanent financial aid at the Centre for Social Work (CSW). A social worker accompanied Emil at his family doctor to announce his HIV positive status. He was also supported in obtaining the required medical documentation and additional documents from the state institutions and in the contacts with the Centre for Social Work.

In addition, Emil was included in the system for awarding social vouchers, which resulted in mitigation of the financial troubles in his family, until he came out of hospital.

"If it had not been for the psychosocial support I received at the hospital, I would not have been able to continue treatment, since I would have had to work at any price and provide livelihood for my children".

After Emil came out of hospital, the psychosocial support for his family continued. Due to social problems Emil was not devoted enough to medical controls and regular treatment with antiretroviral therapy. Social services from CSW were contacted, as well as the courts, due to court proceedings for juvenile offences of one of his children.

Still, continuous support and strengthening of his capacities to deal with daily problems were of crucial to improving the health care and treatment of Emil.

YOUNG PEOPLE

HERA Youth Group

In 2012 the Youth Group consisted of 37 [#young #volunteers](#)

1440 [#young people](#) attended peer education workshops at schools and at I Want to Know youth centres, on subject matters such as HIV/AIDS, contraception, STI, tuberculosis, puberty, relationships, human trafficking, male/female friendship, discrimination, sexual and human rights [#volunteers](#)

A radio show *Sexy Neighbourhood* produced by young [#volunteers](#) from HERA, was being broadcast for a year on MOF radio [#young people](#)



1 year of Sexy Neighbourhood

11 [#volunteers](#) were trained in project development. The youth group independently developed 3 projects, one of which, about a film of homophobia, was approved for funding by IPPF [#young people](#)

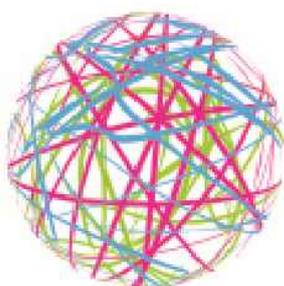


Working meeting of the youth group to prepare plan on implementation of activities

10 [#young](#) [#volunteers](#) were trained in [#activism](#) and advocacy

[#YOUNG](#) [#ACTIVISM](#) The youth group was involved in the process of revision of the national questionnaire about the International Conference on Population Development, as well as in drafting the strategy on [#young people](#) of the City of Skopje [#activism](#)

HERA participated at the Initiative Board to establish National Youth Council in Macedonia [#young#activism](#)



ИНИЦИЈАТИВА ЗА ОСНОВАЊЕ
НАЦИОНАЛЕН МЛАДИНСКИ СОВЕТ
НА РЕПУБЛИКА МАКЕДОНИЈА

Logo of the initiative to establish a National Young Council

Jelmaz Dervish, television anchor, was HERA representative at the World Summit of #young leaders, organised by the International Planned Parenthood Federation in Oslo #activism



Jelmaz Dervish at the World Summit of young leaders in Oslo, organised on the occasion of the 60th anniversary of the International Planned Parenthood Federation

THE YOUNG OF HERA SHOWING THEIR SOLIDARITY FOR SAVITA AT THE TOLERANCE MARCH

Savita Halappanavar was a 31 year old woman who worked as a dentist and who died in the hospital in Galway, Ireland on 28 October.

Savita was in the 17th week of her pregnancy, and she had a miscarriage on 21 October. She sought medical treatment to Galway hospital to have the foetal remains removed, but the doctors declined to perform the abortion.

Several days later, due to complications, the procedure was carried out anyway, but it was too late. As a result of sepsis and multiple organ failure, Savita died on 28 October.

As a result of her death, protests had started, first led by the Indian community in Galway, and later spread throughout Ireland. The protests aimed to change the legislation to include listing of instances when abortion may be performed to protect the life of women and to prevent cases like Savita's in the future.

Moreover, protests were organised to demand greater dignity for women, since it is their body and they have a right to choose.

A significant and valuable share of the work of HERA is respecting the right of choice of women, respect for their dignity and the right to decide whether to have an abortion. Young activists and all volunteers in HERA continuously promote and fight for these values. To this end HERA and the youth group participated at the Marsh of Tolerance in order to support and remember Savita. A message was sent at the Marsh of Tolerance against misogyny and against the pro-natal policy of the ruling party and the government, including the denial of women's rights. Savita was a victim to such policies, therefore any women can be Savita.



Preparing protest banners for the Marsh of Tolerance



The young from HERA at the Marsh of Tolerance for solidarity with Savita

#TBPREVENTION Prevention of tuberculosis

In 2012, H.E.R.A. trained 20 new peer educators for #TBprevention and HIV. 860 young people from the north-west of Macedonia, particularly from the rural areas, were trained by means of peer education.



Training for peer education on tuberculosis and HIV- Mavrovo 1-3 March 2012

A brochure was designed on #TBprevention for young people Tuberculosis Today – Do you know what you need to know? <http://goo.gl/HedJy>

There was a best photography competition, under the name Do you know all about tuberculosis?, which included 5 exhibitions of the 18 best photographs in the villages of Jegunovce and Gradec, as well as in Tetovo, Gostivar and Debar. The winner was Blerim Salih from the Kiril Pejchinovik School from Tetovo.



Edhe pse me bisht te holle dhe ne stuhi, lulja cdohere qendron ne kembe... Mos u dorezo !
 Shpreso, interesohu, sherohu...
 Иако е тенка, опашката, на цветето стои секогаш, и во бура... Не се откажи!
 Имај надеж, прашувај, лечи се...

Blerim Salihi

The winning photograph at the Do you know all about tuberculosis? Competition

18 social workers from the inter-municipal centres for social work in Macedonia have been trained to carry out education on [#TBPrevention](#) in families who were on social welfare

18 social workers/teachers from the institutions for social protection of children in Macedonia have been trained to carry out education on [#TBPrevention](#) of children and young people from the protection institutions.

132 children and young people from institutions for protection of children and young people have been trained by social workers [#TBPrevention](#)



Training of social workers/teachers in institutions for social protection of children in Macedonia

#YoungAndContraception – My choice, my decision

Young volunteers from HERA organised events in 4 towns in Macedonia (Skopje, Tetovo, Shtip and Bitola) on [#YountAndContraception](#), including public debates and forum theatre. The events were carried out in cooperation with the Association of Gynaecologists and Obstetricians of Macedonia, and were attended by 150 young people.

10 volunteers from HERA participated in the organisation and the implementation of the youth events on [#YountAndContraception](#), and they produced an amateur video on promotion of contraception <http://goo.gl/bnwDz>

A facebook page was opened to promote contraception among the young www.facebook.com/kontracepcija which has over 100 fans [#YountAndContraception](#)



**ОРАЛНА
КОНТРАЦЕПЦИЈА**

мој избор, моја одлука

**МЛАДИНСКИ
НАСТАН**
„Мој избор, моја одлука“,
19-ти мај (сабота),
Дом на млади, Штип,
почеток 14 часот

**ФОРУМ
ТЕАТАР,**
проекција на филмот „Одлука“,
трибина со гинеколог



Poster for promotion of youth events “Oral Contraception – My Choice, My Decision”



Volunteers involved in implementation of events

drugsPREVENTION – Counselling service on drug prevention in young people

On 15 September, HERA launched a counselling service on #drugsPREVENTION, within the youth centre *I Want to Know* in the primary health care facility Vodno, in cooperation with the City of Skopje, as part of the services on sexual and reproductive health. Project partners were Kontakt-NGO and psychiatrists from the Clinical Treatment Centre in Kisela Voda.



The Mayor of Skopje and the Minister of Labour and Social Policy launch the first counselling service on drug use prevention



Poster to promote the counselling facility

In the period September-December the counselling facility on [#drugsPREVENTION](#) was visited by and preventive counselling was provided for 57 clients, 33 of which were young people, 19 were parents, 3 were partners and 2 were representatives of school services in Skopje.

Training was carried out for early detection and intervention for 40 representatives of the pedagogical and psychological services in 20 secondary schools in Skopje [#drugsPREVENTION](#)

15 HERA volunteers underwent training on [#drugsPREVENTION](#) in order to improve the peer education programme and to implement activities in schools

Action plans were developed as part of activities of the counselling facility on [#drugsPREVENTION](#) in cooperation with 9 schools in Skopje and preventive activities were launched.



Debate of high school students from "Dr. Panche Karagjovov" Medical School

IMPROVING ACCESS TO SERVICES

Youth centres IWant to Know

2215 clients were provided with services at the youth centres [#IwantToKnow](#) in 2012, 70% of which belonged to the marginalised and vulnerable groups, including Roma, sex workers, MSM, drug users, street children, people affected by human trafficking, people accommodated in institutions and PLHIV.

26 health workers underwent training within the framework of a Global Fund project, on sensitisation and work with marginalised groups, including sex workers, MSM and drug users, on subject matters covering sexuality, reproductive health and human rights [#IwantToKnow](#)

31 field workers from the communities of sex workers, MSM and drug users, were trained for peer education to promote SRH at the youth centres [#IwantToKnow](#)

342 individuals from the communities of sex workers, MSM and drug users underwent education on SRH and sexual rights via the model of peer education organised by partner organisations EGAL, STAR and Doverba [#IwantToKnow](#)



Training of SRH peer educators from the communities of MSM, sex workers and drug users

VIEW OF AN HIV COUNSELLOR: CASE STUDY FROM I WANT TO KNOW YOUTH CENTRE - VODNO

A client, girl about 23 years old came to an appointment for HIV testing at the centre. During our telephone conversation I noticed anxiety and stress in her voice. She came to the centre an hour earlier than agreed. As I assumed previously, she was indeed scared. We began to chat for me to explain the procedure on HIV counselling to her. She came several hours before the time set for HIV testing and she was impatient, so she agreed to start the counselling part in advance, so when the nurse came in the set period, she would do the HIV test. During our conversation she shared her fears and problems. She had been scared and was convinced that the result would turn out positive. Anyhow she got a bit relaxed during the pre-test counselling and calmed down, but the uncertainty still made her nervous. It was pouring with rain outside, and she wanted to go out, but I offered her some coffee and asked her to stay. The nurse arrived at the time set for HIV testing and performed the procedure of taking blood, so as we both waited impatiently, the girl told me what she wanted to do in the future, if the test was positive, in which she was convinced. However, the result came out negative and she rejoiced. I was also happy for her. She thanked me with tears in her eyes, smiling, and she left.

Several days later, she sent a message to the organisation to share her positive experience and satisfaction with the service provided at the centre: *"I am happy to have met Maria who was with me in the most difficult moment of my life, and you are happy to have the right person, somebody who is suitable for an organisation like yours. In her I could see my mother, my guardian, a person I could trust to tell all my intimate things, and she selflessly accepted to help me and greatly empathised with me and my problem".*

STATISTICS CLIENTS 2012

Service ¹	Total number of clients	Number of clients who belong to vulnerable communities	Total number of women (%)
Youth Centre I Want to Know – Vodno	592	171	373 (63%)
Youth Centre I Want to Know – Shuto Orizari	1783	1479	1331 (75%)
Field voluntary counselling and testing	1199	816	312 (26%)
Counselling facility HIV/AIDS	205	101	54 (25%)
TOTAL	3779	2567	2070 (55%)

¹ Within the framework of HERA services the following is offered, divided by areas of interest: sexual and reproductive health; HIV prevention, treatment and care; legal counseling; psycho-social support and counseling; drug use prevention

STATISTICS SERVICES 2012

Description of services	Number of services provided in 2012
HIV (testing, counselling, prevention, psycho-social care...)	6473
Condoms (distributed)	21425
STI (consultations, treatment, testing),	342
Dermatology (general consultation, diagnostic tests, therapy, surgical interventions...)	1894
Gynaecology (ultrasound, diagnostic exams, counselling) and Obstetrics (prenatal care, counselling, pregnancy tests)	1912
Modern contraception (oral, intrauterine devices, urgent contraception, general FP counselling)	305
Abortion (pre/post counselling, follow up)	36
Other counselling (RB and domestic violence, family, premarital, young under 25, men...)	464
Immunology (application of vaccines and consultations)	118
TOTAL NUMBER OF SERVICES	32969

#disability – Sexuality and people with disabilities

89 individuals with learning disabilities and 28 physically impaired individuals #disability were involved in preventive education and individual counselling on sexuality and sexual and reproductive health, as part of the action plans of the trained specialist staff from 6 daily centres, the Rehabilitation Institute of Demir Kapija and the Institute Banja Banske. Most activities were implemented in cooperation with our partner organisation PORAKA.



Education in one of the daily centres for people with learning disabilities

73 parents/guardians of people with learning disabilities #disability were involved in education workshops on sexual and reproductive health and on the rights of people with disability, as part of the action plans of the daily centres.

8 health workers who deal with SRH underwent training for sensitisation to work with people with #disability and to set up cooperation to provide health services to such people.

A journalist team from the British newspaper The Guardian visited Macedonia in order to design a material including photo-report on HERA programme on Sexuality and People with [#disability](#), which was carried out in cooperation with the daily centres.

[#disability](#) HERA programme was nominated by IPPF for the Girls Decide Award 2012



Education at the daily centre in Skopje during the Guardian photo-report in making

PEOPLE WITH DISABILITIES ARE SEXUAL BEINGS

This story is about a 17 year old boy of Macedonian ethnicity who has permanent residence at the Banja BANSKO Institution. He has lived there since he was 7 and has finished primary school within this facility. Sexuality education is not a part of the curriculum at all, and the activities of this institution are lacking information lectures and workshops on sexual and reproductive health. Therefore this 17 year old boy has been learning about this by himself. Main sources of information he has used are television, internet and magazines. He has also obtained information from discussions with his friends. Before the education workshops on SRH began, he was quite convinced that he had substantial knowledge in this area, and in his teenage style, he laughed at the initiative to have this type of education.

At the beginning of the workshop he was happy to start discussions filled with jokes. When the educator began to discuss the SRH topics in-depth, his attitude changed. He started to follow the educator with great interest and attention, and actively participated in the group discussions. After the workshop, the boy shared his positive impressions with a volunteer at the summer camp: "I thought I knew everything at the beginning. But then I realised I didn't know much, and what I knew was either wrong or not sufficient. I am wondering how I could fail to get informed by now about such serious matters (referring to contraception, abortion and safe sex practice). It was really good, something to learn".

The education workshops were also useful for a 35 year old woman, who was also using the services at the institution as a permanent resident. She came to this institution when she was 19, when she left her birth town where she lived until then. Similar to the boy, she did not have formal sex education. She obtained most information on sexuality and sexual and reproductive health through informal communication with relatives and friends, in her native town. Since she arrived at this facility, she has considered the method of education on this subject matter to be very limited, with almost non-existing discussions about this with her. She thought this was due to stereotypical understanding of her conditions (inability to use upper and lower limbs – Multiple sclerosis). Still she has got a boyfriend who also lives in the facility and they have been together for several years. During the workshop, the woman interacted with the educator, asked a lot of questions and began discussions. After the workshop, she confidentially told a female volunteer at the camp that she "learnt a lot of things which I did not know existed before and that it was possible to apply. I grew up in a traditional family and it has been always disgraceful to discuss this with my parents. It was for the first time today I learnt about anal and oral sex and about other ways to get pleasure, such as masturbation".

#Domestic violence

20 workshops have been held among the Roma population in 13 municipalities throughout Macedonia, to promote the UNDP documentary film on #DOMESTICviolence and economic empowerment of women.

562 Roma women and girls and 77 representatives of relevant local institutions and civil associations have been informed about the mechanisms for protection from #DOMESTICviolence and about the measures for economic empowerment of victims



Showing the documentary film on economic empowerment of victims of domestic violence, Vinica

The first regional #shelterCENTRE was launched by HERA in cooperation with the Municipality of Strumica and the Organisation of Women of Strumica and the Strumica Eparchy of the Macedonian Orthodox Church as partners, to provide care, psycho-social support and treatment of victims of domestic violence <http://goo.gl/9zZkm>

Statements of Zoran Zaev – Mayor of Strumica and Bojan Jovanovski – Executive Director of HERA <http://goo.gl/Il9ir>

Methodological instructions and standards have been developed to offer service including care, psycho-social support and treatment of victims of domestic violence at the [#shelterCENTRE](#)

6 specialists that attended the psycho-social support of victims of domestic violence have been actively involved in service provision at the [#shelterCENTRE](#)

As a result of a meeting with the business community of the town of Strumica, 6 representatives of the business sector offered additional support for the operation of the [#shelterCENTRE](#) <http://goo.gl/At1vV>



Meeting with representatives of the local business community to support the Shelter Centre in Strumica

CAN THE CHAINS OF VIOLENCE BE BROKEN?

Maria is a 40 year old Macedonian, who is married and has one underage child. Together with her husband she lived in a village in the Strumica region.

Until a year ago, Maria and her husband had a functional marriage. But then, her husband, mostly under the influence of alcohol, started to physically abuse her and oftentimes locked her in their home. Moreover, her husband abused their underage son, who is now 8 years old, and would throw him out of the house or forced him to sleep in the barn.

"He would wake me and my son at 4 o'clock in the morning to go to work in the fields. I begged him not to wake the kid, to leave him asleep, but he would persist. Last time he locked me inside and took my son to sleep outside in the cold, I broke the door to take the kid in".

After the last physical assault, when her husband hit her with a plate in her head, she took the child and reported to the police. Inspectors from the Ministry of Interior – Strumica addressed the local partner organisation – the Organisation of Women that manages the Shelter Centre, and they intervened immediately. She was examined for injuries and treated by a doctor, provided shelter and psycho-social support, as well as legal aid for her and her underage son. Maria decided for them to stay at the Shelter Centre and to initiate a divorce procedure. The child continued his education and assisted by the team, he was enrolled at a primary school in Strumica.

"It's good here at the shelter. We are calmer, more at peace and what is most significant, no one is abusing me. My child likes it here a lot, he is more positive, at school he is advancing, he has new friend and they are accepting each other...he also shows good results at school. Here we have all we need and I am happy at this moment".

In the mean time, Maria found a job at a private company and is satisfied, so she is planning for her and her son's future.

"Now that I am working, I have been telling my son that after we leave this place we will have to find a home, to accommodate ourselves, to settle, so that he misses nothing...he would have everything that he would need".

This and other cases were solved in cooperation with the competent local institutions and the Centre for Social Work – Strumica, as well as the Ministry of Interior – Strumica.

#RHM–Roma Health Mediators

#RHM As part of Macedonian Presidency of the Roma Decade, HERA cooperated with the Government and the Secretariat of the Roma Decade, to organise the International Conference - *Towards Improved Health for the Roma*, which was attended by more than 100 representatives from government and non-government organisations of all 13 member states of the Roma Decade. The Skopje Declaration on Equality towards the Health of the Roma was developed at the conference <http://goo.gl/ZpVSy>



International Conference towards Improved Health of the Roma, Government of Macedonia

In 2012 the Ministry of Health approved a budget of 1.000.000 denars to fund the programme on **#RHM**

15 **#RHM** launched preventive-health activities on field in 8 municipalities throughout the country. The RHM Programme is financially supported by the Foundation Open Society Macedonia and HERA is responsible for coordination and technical support for the mediators.



Field immunisation in the Municipality of Shuto Orizari, assisted by RHM

A working group has been established by the Ministry of Health, with participation of HERA, Roma NGOs, the Public Health Institute and UNICEF, to monitor and to provide technical support for the work of #RHM

The work of #RHM in 2012 presented in a bulletin <http://goo.gl/zz1vA>

#reproductiveRIGHTS #femaleRoma

A service for legal counselling has been introduced at #IWantToKnow Shuto Orizari, intended for promotion of social and health rights of #femaleRoma, with emphasis on reproductive health #reproductiveRIGHTS

12 activists from 4 local NGOs have been trained to document cases of violation of #reproductiveRIGHTS and of discrimination of #femaleRoma

In the course of 3 months, there have been 150 cases documented by trained field workers, of violation of social and health rights of #femaleRoma from the Municipality of Shuto Orizari #reproductiveRIGHTS

A press conference was organised to present the findings and to raise the awareness on protection of rights of #femaleRoma and their #reproductiveRIGHTS <http://goo.gl/pAf9Q>

Photos from the press conference <http://goo.gl/wQZn4>

REPRODUCTIVE RIGHTS OF ROMA FEMALE FROM THE MUNICIPALITY OF SHUTO ORIZARI VIOLATED

Breaching the legislation with reference to health rights by family gynaecologists is a global, extensive and large societal problem. Women from Shuto Orizari, burdened by economic and social condition, as well as insufficiently informed and educated, are most vulnerable regarding this issue and easiest to manipulate with. Therefore, HERA in cooperation with several partner organisations carried out a field research in order to identify the situation of health rights of women in this municipality and the degree of respect for these rights family gynaecologists demonstrate.

During the research, there were 93 cases notified of violation of health rights by family gynaecologists, divided into 2 large groups: illegal charging for services by family gynaecologists in the amount higher than the mandatory fee and charging for services that are legally prescribed as free of charge. This is an additional financial burden for women in Shuto Orizari, if the fact is taken into account that at the time the research was being carried out, there was no gynaecological practice in the municipality, so women were forced to select a family gynaecologist from a neighbouring municipality, and therefore suffered additional costs for transportation.

HERA initiated procedures at the Ombudsman of the Republic of Macedonia, the Health Insurance Fund and the Directorate for Personal Data Protection.

The only official response on the complaints logged came from the Ombudsman, where they informed us that all measures and proceedings have been undertaken within the scope of their legal powers. The case was shared with the Health Insurance Fund, and after inspections were completed, they found irregularities in the stated health services. Reports stating the irregularities were produced and submitted to responsible authorities to determine the amount of the financial penalties. The Ombudsman informed the Public Revenue Office about the failure of the aforementioned health facilities to issue fiscal receipts.

In order to inform the public about the problem with family gynaecologists faced by the local population in Shuto Orizari, a press conference was held and broadcast on several national televisions, internet portals and blogs. For the same purpose, our representatives were guests in the morning shows of TV Alfa and TV Shutel.

We helped clients by informing them on their health rights and we also informed the general public and raised the awareness on this global problem, but also by initiating procedures, we reminded gynaecologists about their duty to respect the health rights of patients, as well as the legislation in force.

In order to ensure improved monitoring of accessibility and quality of services for #ANTENATALcare of #femaleRoma in Shuto Orizari, HERA prepared a comprehensive analysis of the existing regulations, protocols and mechanisms for improving antenatal care in the Republic of Macedonia.

22 field workers from local civil associations of the community in Shuto Orizari were trained about existing regulations and protocols for #ANTENATALcare

#ANTENATALcare 91 pregnant Roma women, as well as 148 Roma women in their reproductive period, living in Shuto Orizari, were informed about their rights on antenatal care on workshops and by field activities, implemented in partnership with the Roma non-governmental organisations Ambrela and Roma Resource Centre.

A brochure on promotion of the #ANTENATALcare of Roma women was designed and distributed <http://goo.gl/RL3Cr>



THE STORY OF ELMA (CASE STUDY FROM THE FIELD WORK OF ROMA HEALTH MEDIATORS)

Elma is a 14 year old girl. After her husband died Elma's mother remarried and stopped taking care of her girl when she was three. Elma lived with her grandfather. He was her legal guardian and received financial compensation for caring for Elma, but the care was not proper. Elma had not attended school regularly and has not finished primary school. Since her grandfather started abusing and neglecting her, at 13 she ran away to be with her 16 year old boyfriend. She found herself without personal documents and health insurance. Due to her desire to become pregnant, she visited the *I Want to Know* youth centre. This case was also processed by the Roma Health Mediators (RHM).

In the course of their field work RHM's found her and talked both to her and to Sevdie, the mother of Elma's unwed husband. Sevdie was told that Elma was still a child and the marriage would be illegal and sanctioned. However, Elma insisted to stay with her partner and refused at any price to return to her legal guardian. Sevdie was advised to inform the Centre for Social Work about the current situation, and if there was any need of RHM, to contact them immediately. Elma was placed at foster institution for children and young people. Then days after her placement, she ran away and returned to her unwed husband.

In the meantime, Elma visited the RHM office, asking for help to fetch the medical identification papers which she left at the institution. She needed the papers to have a gynaecological exam, since she suspected she was pregnant. RHM and Elma went to the *I Want to Know* youth centre to have a pregnancy test and to make an appointment for examination. It turned out that Elma was pregnant. Due to the new developments, Elma could not be placed in the institution again. She was happy not to have to go back, since as she put it *"conditions were not good, and I was abused by other users, the specialists did not take care of me or my needs"*. Elma's allegations were confirmed by a team consisting of RHM and a social worker from HERA, who talked to the responsible individuals in the institution.

A solution to this case was sought after, so the Centre for Social Work recommended to initiate a procedure to appoint a new guardian to Elma, who at that time was 7 months pregnant. After a discussion with RHM, Sevdie accepted to become Elma's guardian. The appointment procedure lasted for a month.

Elma was provided with medical papers, a new guardian (Sevdie) and permanent financial aid. She continued to live with her underage husband and his family. RHM helped her select a family gynaecologist and after giving birth to register the baby in the birth records. Although it was a risky pregnancy due to her age, with support of regular examinations, care and support by her new guardian, Elma is now a mother of a healthy boy.

ABORTION

#medABORTION Medical abortion

HERA, in cooperation with the professional Association of Gynaecologists and Obstetricians, developed a protocol to pilot #medABORTION service at the University Clinic on Gynaecology and Obstetrics in Skopje. The protocol will be used in the medical practice by gynaecologist after the drugs for pregnancy termination are registered. Concept Foundation provided the technical assistance for developing the protocol.

HERA presented its 3 year results and challenges in the efforts to introduce #medABORTION in Macedonia at the congress of the International Federation of Professional Abortion and Contraception Associates (FIAPAC), at the session facilitated by IPPF. <http://goo.gl/9750C>



Work in groups "Mapping of supporters and opponents"
18 – 19 December, Training "Advocacy in Protection of the Women's Right of Choice"

Conference programme <http://goo.gl/nJij>

In December HERA organised the first training for NGO activists working on human and female rights protection, on the issue of Advocacy in Protection of the Women's Right of Choice. The training was attended by 15 activists from 11 organisations and networks. The training was facilitated by Daniela Dragichi from Romania, who is a long-time activist and consultant on women's rights <http://goo.gl/1D3dN#medABORTION>



Promotion poster
 28 September "My Body, My Life, My Right to Choose"

28 SEPTEMBER GLOBAL DAY OF ACTION FOR ACCESS TO SAFE AND LEGAL ABORTION

On 28 September 2012, for the first time HERA joined the Global movement for promotion and protection of reproductive freedoms of women marking the Global Day for access to safe and legal abortion in Macedonia. The goal of the local campaign was to emphasise on the liberal legislation that for 40 years has enabled women in Macedonia to freely decide on planning their parenthood, but also to point out the safety and security of the procedure for pregnancy termination that is performed at health clinics in the country.

At the same time, the campaign aimed to appeal for registration of medicines used for medical abortion (method not yet available in Macedonia) so that women who have chosen to terminate their pregnancy would enjoy both the right of personal choice and the right to select the method of abortion.

For the purposes of the campaign a promotion poster was designed – My Body, My Life, My Right of Choice – which was distributed to all relevant institutions, non-government organisations and individual activists in the country. Press release was sent to the media <http://goo.gl/n4aq2> and posted on HERA social networks pages in order to raise the awareness on reproductive freedoms and rights of women, including the right of access to medical abortion.

The Global Day of Action for Safe and Legal Abortion was successful in terms of media visibility, including 13 different electronic and print media reports on HERA's campaign and activities within their news broadcasts. Unfortunately most media presented the messages accompanied by photographs typical for abortion and sexual rights opponents that leave a negative impression against the idea and the cause of the campaign. The question remains how many Macedonian reporters have been sensitised in their approach to inform about the right of abortion, apart from leaving the impression that most are supporting the right to choice.

ADVOCACY

#CSE Comprehensive sexual education

In 2012, HERA developed a handbook on #CSE for in primary school teachers of the subject 'Education on life skills', in cooperation with specialists, by approval of the Ministry of Education and Science and pursuant to the opinion of the Department for Development of Education.

The handbook on #CSE covers information and workshops on sexual and reproductive health, gender, violence, relationships, diversity, civil aspects and pleasure, which are the seven areas included in comprehensive sexuality education.

In 2012 HERA in cooperation with professors of the Faculty of Philosophy at the University of Ss Cyril and Methodius, made an overview of existing programmes, the result of which is an agreement to categorise certain units of the 2013-2014 study programme as #CSE

In 2012 HERA held 8 workshops on #CSE attended by 177 students from the Institute for Gender Studies, the Institute for Psychology, the Institute for Social Work and the Institute for Special Education, all belonging to the Faculty of Philosophy at the University of Ss Cyril and Methodius.

ПРИРАЧНИК
ЗА НАСТАВНИЦИ ВО
ОСНОВНИТЕ УЧИЛИШТА
ЗА ТЕМИ ОД ОБЛАСТА НА
СЕКСУАЛНОТО И
РЕПРОДУКТИВНОТО
ЗДРАВЈЕ И
ПРАВА

THREATS AND PHYSICAL ASSAULTS ON THE DAY OF TOLERANCE

On November 16, the same as every year, about hundred activists, citizens and young people were preparing to begin the 2012 International Day of Tolerance March, organised by the Helsinki Committee on Human Rights and by other organisations. One did not have to look further to notice concern and mixed feelings of sadness and anger among the participants. The same questions buzzed around and again: *Were they good? How many were injured? Would they be able to join us?* All of the people heard that few activists who were preparing the stands at the Macedonia Square, in the centre of the city, had been attacked by masked individuals, half an hour before, in broad daylight. The stands had been destroyed, the materials scattered and Kocho Andonovski and Marko Kovachevski injured, while HERA's activist, Aneta Arsovska managed to safety. This happened only a few weeks after the attack of the newly opened LGBT centre happened, along with the homophobic campaign that had lasted for a month, supported by highest state officials. Those that ordered the attack wanted to send a clear message of opposing the motto of the march that read – No to misogyny, no to homophobia, no to transphobia.

The 2012 Tolerance March happened under the rainbow flag, without any questioning from participants if it should be cancelled, protected by grotesquely enhanced special police protection from imagined attackers and seen by the relaxed, sleepy and confused citizens who drank their Saturday coffee on Macedonia Street.

Several days later, the Minister of Interior condemned the physical and verbal attack of two participants at the march and stated that the identity of the attacker was known and they would be prosecuted accordingly. The Minister of Labour and Social Policy on the other hand expressed no feelings of accountability with reference to the event and saw no relation of the attack at the square with his prior statements that homosexuals were unhealthy.



Day of Tolerance

#MPsParliamentary lobbying

A round table with #MPs was organised at the Parliament of Macedonia on *Advocacy on Policies and Legislation related to HIV*, supported by the National Democratic Institute (NDI) in cooperation with the European Parliamentary Forum on Population and Development. The lecturer at the workshop was Lord Fowler, eminent member of the House of Lords at the Parliament of the United Kingdom and a member of the HIV/AIDS Committee of UK, as well as a chairman of the Selected Committee on HIV/AIDS of the House of Lords. 8 MPs from 4 political parties participated at the workshop #HIV

Photos from the round table <http://goo.gl/PFq4q>



Workshop for MPs in the Parliament of the Republic of Macedonia – Advocacy for Policies and Legislation related to HIV

HIV Affects us All guide for #MPs in the Parliament of the Republic of Macedonia was developed <http://hera.org.mk/?p=1361> #HIV

An Inter-party parliamentary group on #HIV was established by #MPs from 6 political parliamentary parties, who will become full member of the European Parliamentary Forum on Population and Development in May.

The first public parliamentary debate on “How to achieve improved treatment of people living with #HIV in the Republic of Macedonia was held at the Parliament. Conclusions from the public debate [#MPs](http://goo.gl/1Tc4J)

Photos from the public debate <http://goo.gl/frLLd>



HIV affects us all – Guide for MPs in the Parliament of the Republic of Macedonia

#ART Antiretroviral therapy

In cooperation with experts, Stronger Together prepared a comprehensive analysis on the problem of access to #ART in Macedonia, which offered specific solutions with estimates of the financial implication. The analysis was published as a policy study <http://goo.gl/C7KS5> #HIV



Together Stronger in their lobbying for improved treatment, had 5 official meetings with and 6 letters to decision makers in relevant institutions, participated at a public debate on #HIV treatment in the Parliament of Macedonia, and had a joint press conference with the Ministry of Health and the World Health Organisation on the occasion of the International AIDS Day #ART



Joint press conference with members of the Ministry of Health and the World Health Organisation, November 30, 2012

As a result of our lobbying, the Ministry of Health increased the 2013 budget for #HIV, #ART and for monitoring tests, from 3.2 million to 6 million denars (87.5% increase)



Candles in the shape of the red ribbon: International AIDS Candlelight Memorial – 20 May 2012

By adopting the new National Strategy on #HIV (2012-2013), the Republic of Macedonia committed itself to establish integrated system of provision of #ART

8 САБОТА, 1 ДЕКЕМВРИ 2012 • ДНЕВНИК

Изјава на Заедно посилни – група за поддршка и самопомош на лицата што живеат со ХИВ
ЗАЕДНО
ПОСИЛНИ

<p>До нашите сограѓани и до Владата на Република Македонија</p> <p>Ние, луѓето со ХИВ, како ваши пријатели, роднини, колежи, соседи и сограѓани, ве поопкруваме да не подржите во нашите напори за поволниот и подостоинствен живот. Поддржете не во нашата борба против оние што би не отиѓушиле од работите, би одбиле да ни донесат здравствена грижа, да не даваат, би не исклучиле од нашата заедница, бидејќи ХИВ не се пренесува преку семејствен социјален контакт.</p> <p>Не правете нас жртвени јаџина, не обвинувајте не за епидемијата, и не генерализирајте за нашите начини на живот.</p> <p>Како и секој од вас, ние имаме право на исполнувачки сексуален живот, право да планираме семејство и да создаваме семејства.</p> <p>Се спроведуваме на тоа да бидеме означени како „заразени“ или „болни“. Ние сме луѓе коишто живеат со ХИВ. Ние сме родители, синови, ќерки, ние сме луѓе од сите националности, живееме нормален живот, работиме, се дружиме, спортуваме, лубиме, уживаме во утринската кафе...</p>	<p>Терапија и здравствена грижа</p> <p>Ние, луѓето со ХИВ, имаме право на сеопфатна и квалитетна здравствена грижа.</p> <p>Делтираме до Владата и одговорните институции</p> <ul style="list-style-type: none"> • да се унапредат стандардите на ХИВ-инфекцијата во согласност со европските стандарди • да се обезбеди редовна и континуирана достапност на доволен број современи антиретровирусни лекови, како и современи методи за следење на инфекцијата
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Announcement of Together Stronger at the Dnevnik Daily on 1 December 2012, to appeal to the Government and the institutions to improve the treatment of HIV infection and to ensure regular and continuous access to modern antiretroviral medicines

#Contraception

Factors that Impact the Use of Contraception makes an assessment of the degree of knowledge and opinions of different target groups on use of contraception, access and quality of services, as well as of the impact of health policies and reforms, being a tool for future advocacy to improve access to modern #contraception in Macedonia <http://goo.gl/lzyDz>



HERA joined the Global Campaign *Your Future, Your Choice, Your Contraception* to mark the World #contraception Day

On October 26, in cooperation with the Commission on Equal Opportunities, a public debate was held on the subject matter of *How to Achieve Improved Access to #contraception* in Macedonia. The Commission drew conclusions and recommended that the Ministry of Health and the Health Insurance Fund found mechanisms and budget funds to include oral contraception and condoms in the preventive health programmes and/or on the positive list of medicines, particularly for young people and socially vulnerable women and men <http://goo.gl/z093q>



Assembly of the Republic of Macedonia, 26 October, How to Achieve Improved Access to Contraception in Macedonia - Public Debate

LAUNCHING A GYNAECOLOGIST PRACTICE IN THE MUNICIPALITY OF SHUTO ORIZARI

With the reforms in the primary health care system initiated in 2007 and establishing the model of concessions, Shuto Orizari, the largest Roma municipality in Macedonia and in Europe in general, was left without a gynaecologist practice. Prior to launching the reforms, there were two state gynaecologists working at the municipal primary health facility, to provide services to more than 8000 women in their reproductive period, most of who lived in families on welfare. The new developments forced Roma women to travel more than 5 km to the nearest gynaecologist practice in other adjacent neighbourhoods in order to get required services, which turned out to be an additional burden to their domestic budget and socio-economic status.

By direct advocacy, work with the media and mobilisation of Roma women in 2012, HERA made efforts to appeal to the Ministry of Health to announce a public call for gynaecologists for the primary healthcare facility in Shuto Orizari, as well as to allow for infrastructural conditions and identify gynaecologists interested to work in the municipality. The greatest challenge was to animate gynaecologists interested in working in the municipality. The main reason for this was the general stigma in most health workers to deal with the Roma population as well as the low income they would earn by service provision due to the economic situation of the population there.

In addition, HERA prepared a petition to be sent to the Minister of Health, signed by more than 500 women from the municipality, requiring a gynaecologist practice to be established, as well as a press conference and visit of MPs from the Commission for equal opportunities in order for them to closely examine the problem of not having a gynaecologist and of the health condition of the population in the municipality. The Minister of Health also attended the event and announced that a decision has been made to establish and equip a gynaecologist practice in the primary healthcare facility in the municipality. A tender was planned to be announced in December 2012, to hire a gynaecologist – concessionaire to conclude an agreement for health services with the Health Insurance Fund. The tender was indeed announced in December, and the gynaecologist selected. *“At this moment a room has been provided to be equipped for a gynaecologist practice, and a call for bids for concessions has been published and so far there is a gynaecologist interested to work”* – Nikola Todorov, Minister. This will enable most insured Roma women to select the practice in their municipality rather than travel to other municipalities to be provided with services, as the practice was before.



7 September, Shuto Orizari primary healthcare facility – Nikola Todorov, Minister of Health gives a statement to the media during the visit of the Youth Centre I Want to Know, together with MPs members of the Commission on Equal Opportunities

60 YEARS OF THE INTERNATIONAL PLANNED PARENTHOOD FEDERATION

2012 was a year that marked the celebration of the birthday of the International Planned Parenthood Federation. IPPF is the largest nongovernmental organisation that works in the field of sexual and reproductive health. It has member organisations in 152 countries in the world, as a contrast to only 8 organisations it was established by. In 60 years, it has grown into an organisation that has globally offered in just one year, over 80 million services on SRH, and which has a budget of over 380 million US dollars.

H.E.R.A became a member of the largest global family of organisations that work on promotion of sexual and reproductive health and rights in 2007.

We marked this significant jubilee for us, by giving recognition to all individuals and organisations who restlessly invested themselves into improving sexual and reproductive health and promoting sexual rights, each one in their own familiar way:

- ✦ Professor Ana Martinovska, PhD, professor and publicist
- ✦ Zarko Trajanovski, MA, Human rights activist
- ✦ Kristina Ozimec, journalist
- ✦ Poraka Association
- ✦ Jasmina Jovanovska, journalist
- ✦ Tanja Aleksic, TV anchor

The continuous and every day fight to promote sexual rights was portrayed clearly by professor Martinovska in her address upon receiving this recognition:

"We have witnessed these past several days how the winds of politics have found their way in all pores of our living, even at places where they do not belong to – in the intimate and sexual behaviour of people, to vulgarise it and impose a taboo on it, and to use it for cheap arguments as a common feature of dominant yellow media. These attempts to introduce shame, confusion and rage on issues of sex and reproductive rights make our mission more significant, and hopefully it will strengthen even more our positions to jointly oppose imposed standards and limitations of the society and to proclaim the right of free choice".

Wishing to present our work closely, but not just in numbers, we published something different on the occasion of the 60th anniversary of IPPF. As HERA President put it *"Women and men who work in HERA attempted with their texts and personal opinion, to emphasise the problems they face every day that present an obstacle to achieving the rights of the citizens, when sexual and reproductive health is in question".*



Publication 60 years of IPPF



Address of the Executive Director of HERA

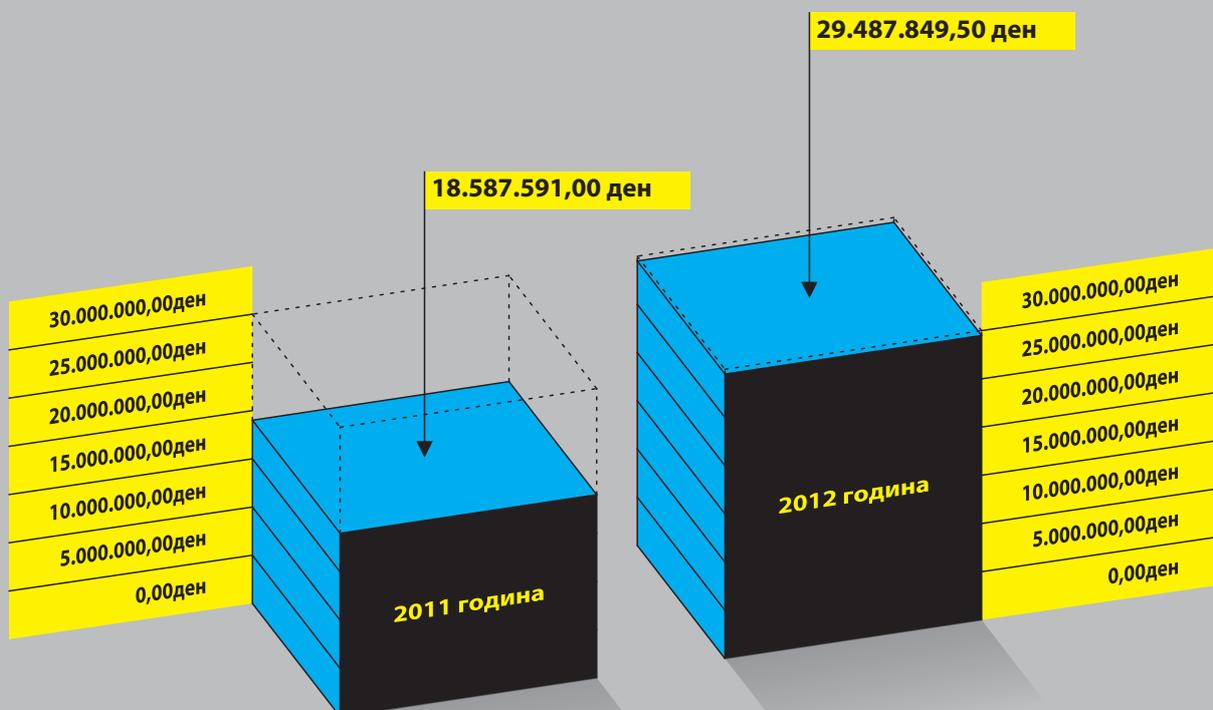


Jasmina Nikolova upon being presented with a certificate of appreciation on the occasion of 60 years of IPPF

BUDGET

#budgetFinancial report

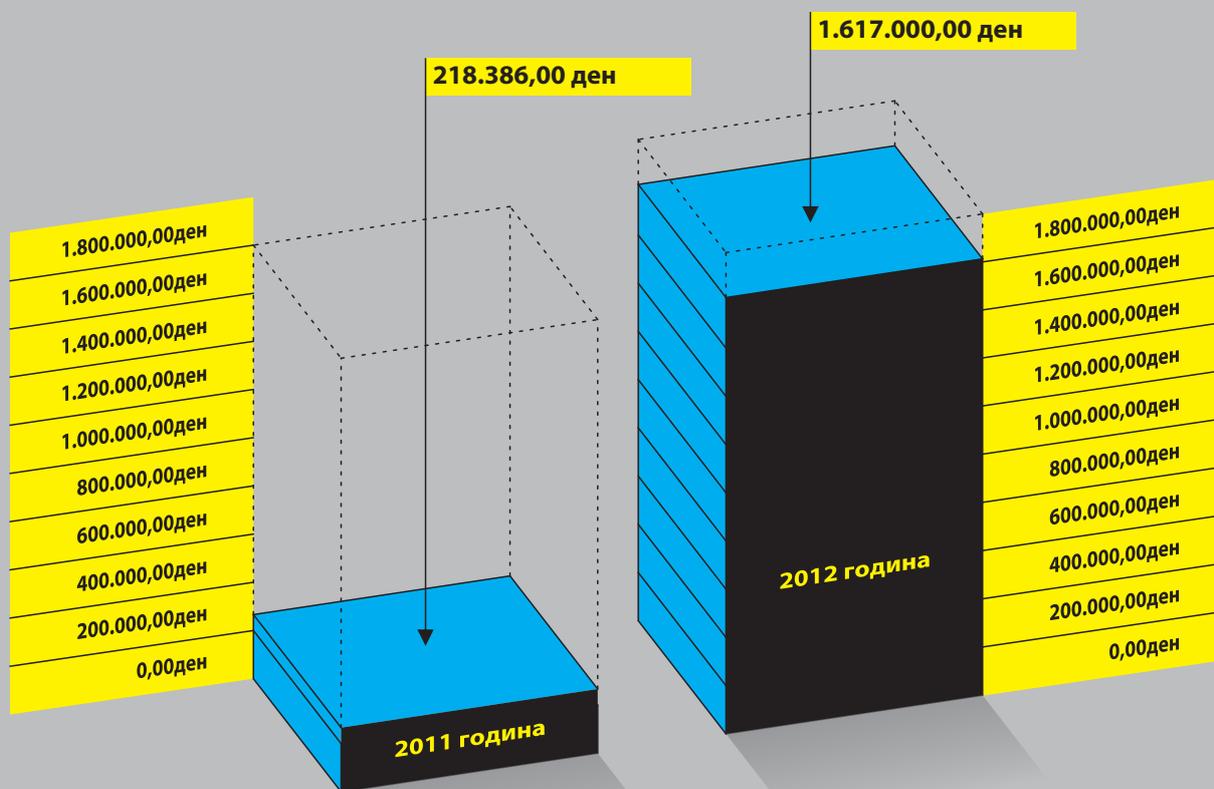
In 2012, on grounds of donations income was obtained in the amount of 29.487.849,50 denars, which is 58.64% budget increase in comparison to 2011 #budget

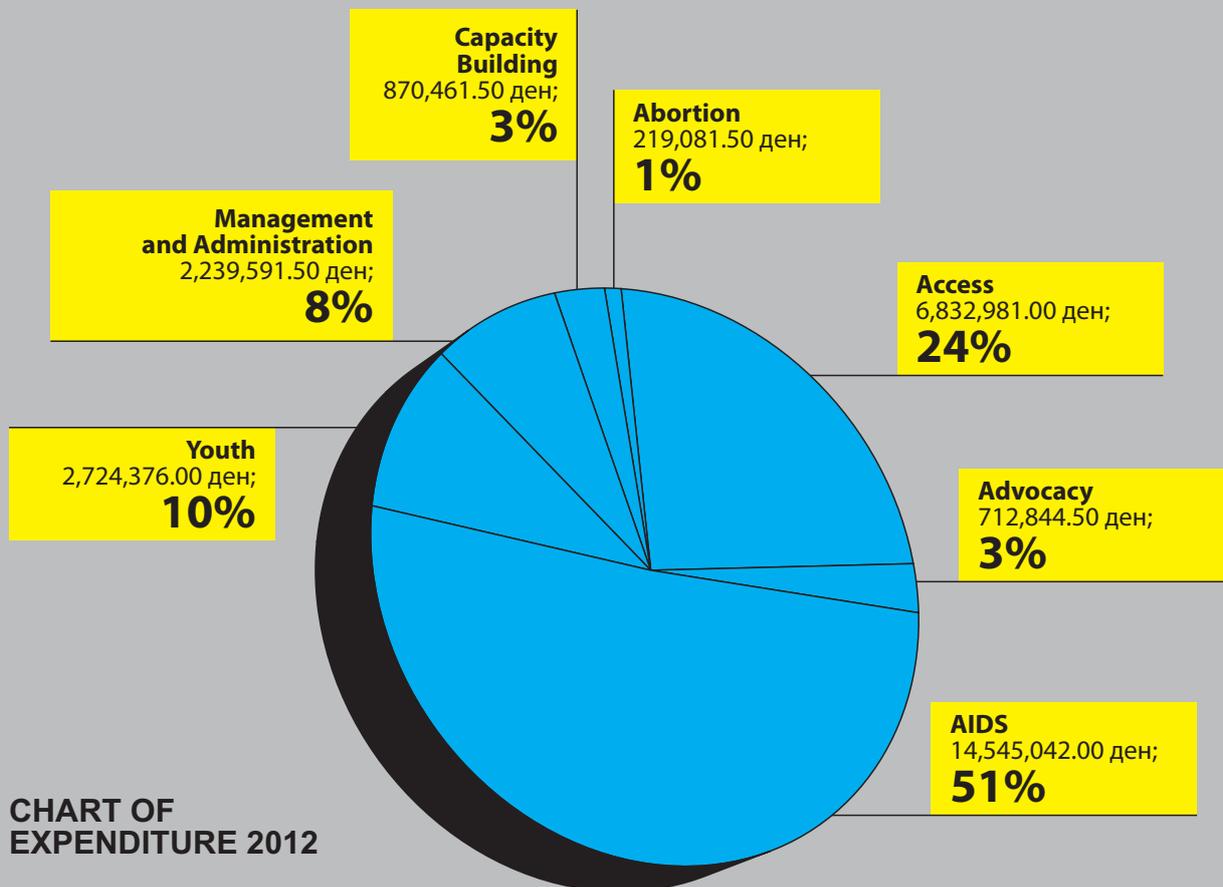
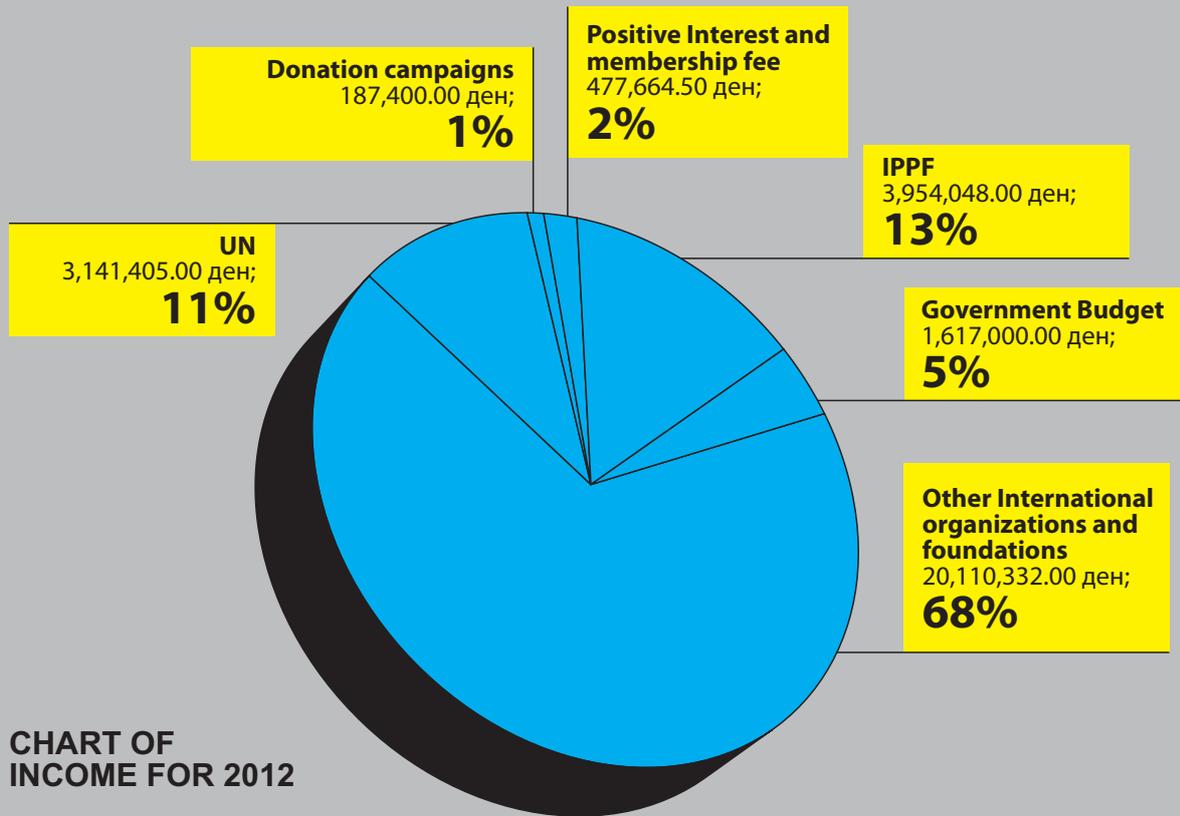


HERA donors in 2012 were the International Planned Parenthood Federation – IPPF (3.954.048 denars), the Global Fund to Fight HIV/AIDS, Tuberculosis and Malaria (16.806.312 denars), Foundation Open Society Macedonia (2.463.368 denars), the City of Skopje (900.000 denars) , the Municipality of Strumica (717.000 denars) , UNDP (1.117.088 denars) and UN Women (1.053.050 denars) #budget

Funds income on grounds of campaign are in the amount of 187.400 denars and funds income on grounds of membership fee and positive interest are in the amount of 447.664 #budget

In 2012, the funds obtained from institutions funded by teh Budget of the Republic of Macedonia are in the amount of 1.617.000,00 denars, an increase by 640,43 % in comparison to 2011 (218.386,00 denars) #budget





HERA TEAM

#executiveBOARD

Milena Stevanovic – President, **Aleksandra Vuchkovska**- Secretary, **Zoran Jordanov**, **Velimir Savevevski** – youth representative, **Ninoslav Mladenovic**

#office

Bojan Jovanovski – Executive Director, **Drashko Kostovski** – Programme Director, **Elizabeta Bozinoska** – Programme Coordinator HIV, **Daniel Kalajdzieski** – Programme Coordinator Young, **Mila Carovska** – Programme Coordinator Access, **Vesna Turmakovska** – Programme Assistant Access, **Marija Matovska** – Programme Coordinator Young, **Andrej Senih** – Coordinator Together Stronger, **Ana Filipovska** – Secretary General of the Country Coordinative Mechanism, **Tanja Stankova** – Project Assistant, **Hristina Nestorovska** – Financial Assistant/Accountant, **Damjan Nikolov** – Administrative Assistant, **Marija Dragojlovic** – Host at Youth Centre I Want to Know Vodno, **Lenche Popovska** – Social worker Youth Centre I Want to Know Shuto Orizari, **Igor Jadrovski** – Legal specialist, **Lozan Karandziski** – Driver, **Miroslav Jelic** – Driver.